

Space from OCD



**1-2% OF PEOPLE WILL EXPERIENCE
OCD DURING THEIR LIFETIME***

Effective online solution to help with OCD

Helping people with OCD

Space from Obsessive-Compulsive Disorder (OCD) is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. The programme is designed to help you to understand and manage intrusive negative thoughts and repetitive behaviours that may be troubling and upsetting for you.

Easy to follow, supportive

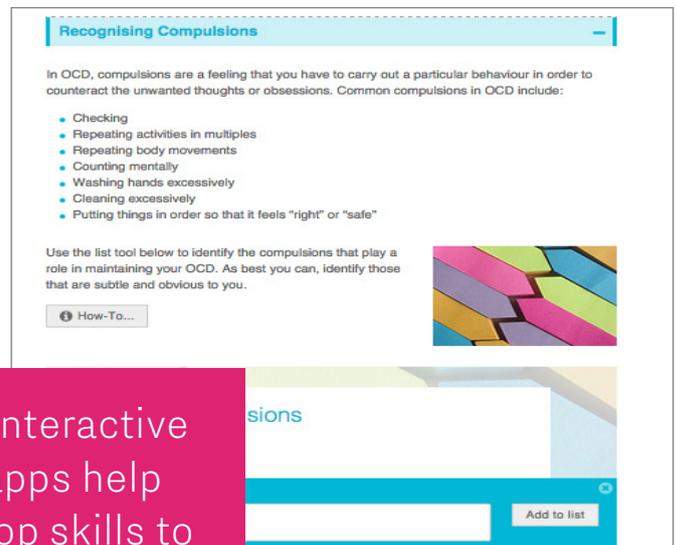
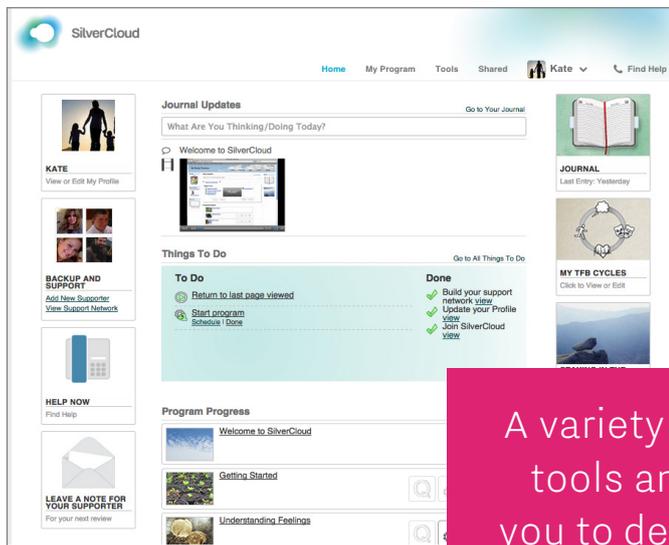
Work independently at your own pace with ongoing guidance and support from your therapist.

Learn strategies to face your fears

Programme content is based on Cognitive Behavioural Therapy (CBT). Research has shown that 75% of people with OCD are significantly helped by using CBT strategies and tools.

“My days would be spent doing rituals, which was time consuming and unnecessary but if they were not done then I would go into a blind panic. Like everyone, I have bad days but it’s a relief to have the necessary skills to help me manage it.”

*National Institute for Health and Clinical Excellence. (2009). Obsessive-compulsive disorder: Core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder NICE Clinical 31. London: National Institute for Health and Clinical Excellence.



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

Flexible, online solution

7 online modules help you to challenge negative intrusive thoughts and manage your anxiety more effectively. Learn effective strategies that enable you to manage repetitive or compulsive behaviours using small, manageable steps at your own pace.

Your therapist can unlock additional modules to best meet your needs.

Highly Engaging

The programme is packed with videos, quizzes and practical tools and activities to help deal with your fears including:

- Hierarchy of fears activity
- Exposure and response prevention
- Relaxation and breathing exercises

Personal stories offer examples of the tools and techniques used in real-life situations.

Personalised care path

OCD can co-exist with depression and other anxiety difficulties. The programme allows your therapist to customise content and tools, to meet your specific needs.

Learn effective techniques to help you respond to obsessional thoughts, without engaging in compulsive behaviour.

